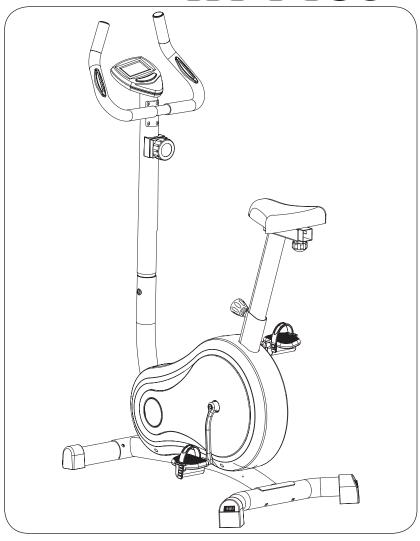
Owner's Manual

Health Trainer 440 Upright Bike

Customer Service 1.888.340.0482

Keys Fitness 4009 Distribution Drive Suite 250 Garland, TX 75041

www.keysfitness.com



Model Name: HT440U

Serial Number:

Write down for future reference Serial Number Decal Location—

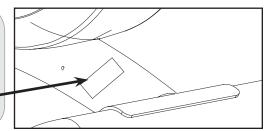


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Important Safety Information



WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAFETY PRECAUTIONS AND TIPS

- 1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
- 2. This unit has a user maximum capacity of **250** pounds.
- 3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Keys Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
- 4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
- 5. Always examine your unit before using to ensure all parts are in working order.
- 6. Allow the unit to fully stop before dismounting.
- 7. Pets should never be allowed near the unit.
- 8. Do not leave children unsupervised near or on the unit.
- 9. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
- 10. Never insert any object or body parts into any opening.
- 11. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
- 12. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
- 13. Failure to follow these instructions will void the unit warranty.

Before You Start



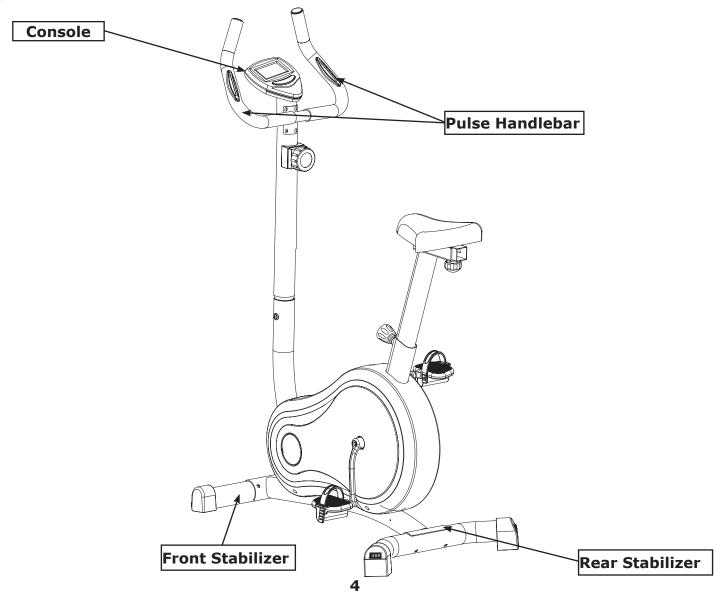
Thank you for purchasing the **Health Trainer HT440U Upright!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. **Remember to take the time to perform the stretching exercises provided to avoid**

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Keys Fitness recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.

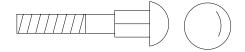




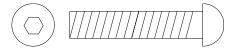
INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

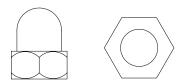
Locate the hardware pack and identify the following parts required for assembly.



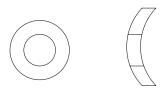
M8x70mm Screw



M8x15mm Screw (18)-8



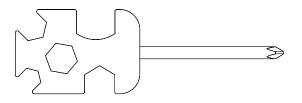
M8 Cap Nut(5)-4



Ø8xØ19 Arc Washer(4)-12



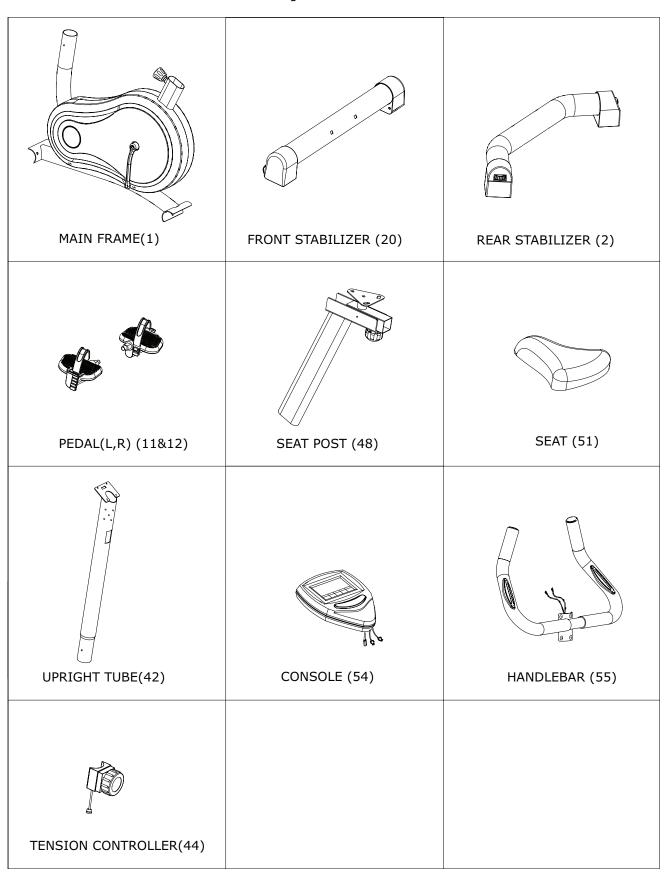
Allen Wrench



Screw Driver



Assembly Part Identifier



Step 1:

Attach front stabilizer (20) and rear stabilizer (2) to main frame (1) using carriage bolts (3), arc washers (4) and cap nuts (5).

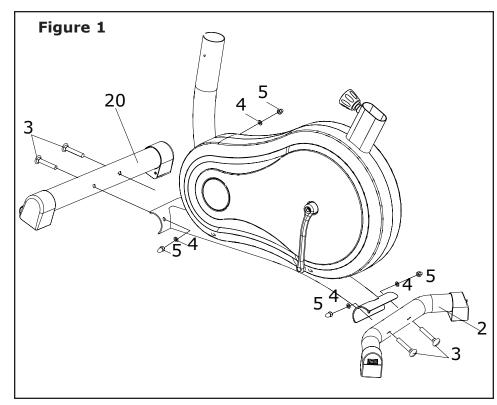


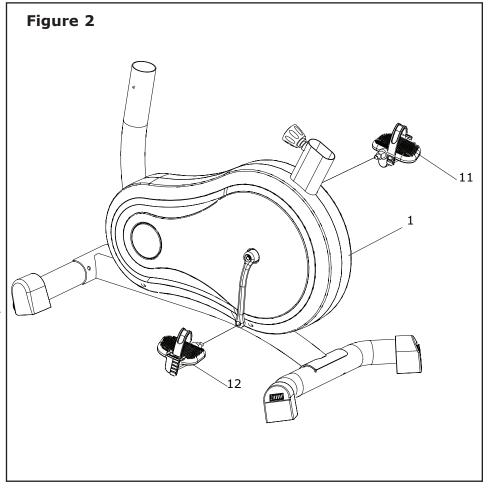
FIGURE 2

Step 1:

Thread the right pedal (11) onto the right side of unit as shown in Figure 2. Tighten the pedal securely. Secure in place by turning it **clockwise** to tighten. Select the right pedal strap which has "R" marked on the botton side of the strap. Snap one end onto the inside edge of the right pedal (11). Snap the other end onto outside edge of the right pedal (11). Select adjustment holes which allow your foot to be easily removed from the pedals.

Step 2:

Repeat step 1 for left side. Secure in place by turning it **counter-clockwise** to tighten.



Step 1:

Assemble the seat (51) to the seat post (48) using nut (50) and washers (49,67).

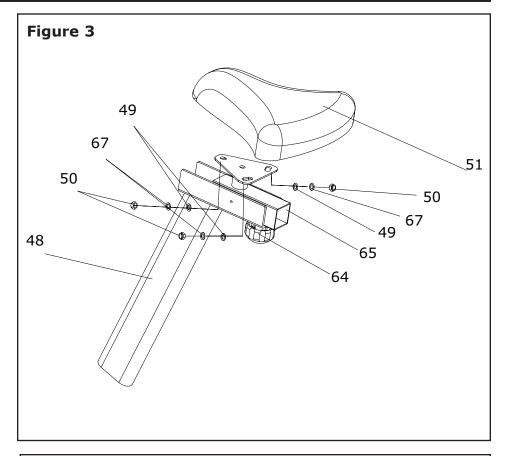
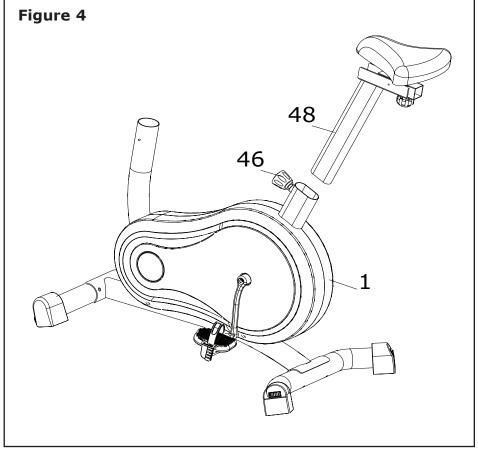


FIGURE 4

Step 1:

Take off the seat knob (46), and then insert the seat post (48) into the main frame (1), then screw the seat knob (46) to fasten the seat post (48).



Step 1:

Insert the tension cable (45) into the upright tube (42) and pull it out from the opening on the upright tube (42). Connect the sensor wire (40) on the main frame with the extension wire (41) on the upright tube (42). Insert the upright tube (42) into the main frame and secure it with by screws (18) and arc washers (4).

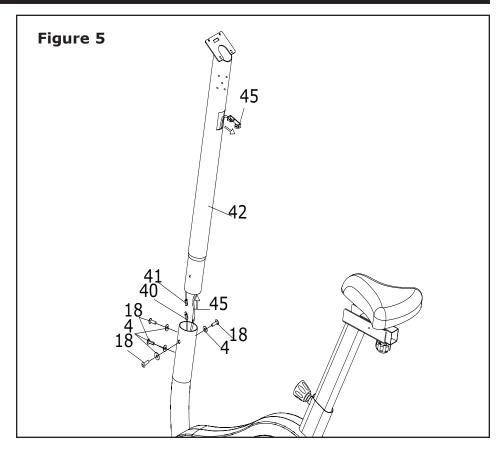


FIGURE 6

Step 1:

Get the tension cable (45) out of the opening on the handlebar post hole, and connect it to the tension controller (44) as step 2-4:

Step 2:

Put the cable end (44) into the spring hook (45).

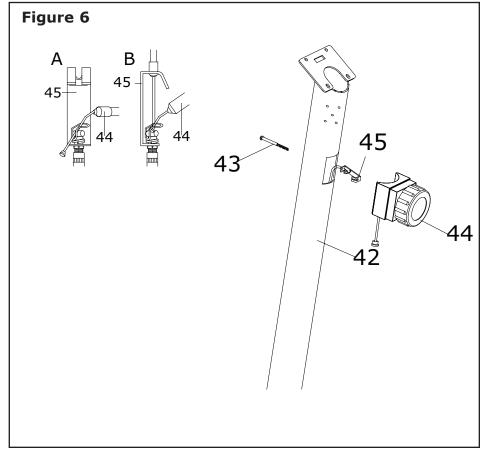
Step 3:

Pull the knob and force the short cable (44) into the gap of the bracket (45).

Step 4:

Insert the tension knob (44) into the handlebar post (42), and secure with screw (43) attached.

Note: Tension is increased by turning the knob clockwise.



Step 1:

Insert the pulse wires (63) into the bigger opening on the upright tube and pull them out from the top of the upright tube (42). Attach the handlebar (55) to the handlebar post (42) with fixed screws (18) and washers (4).

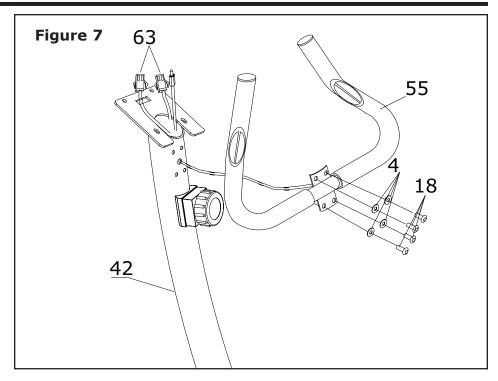
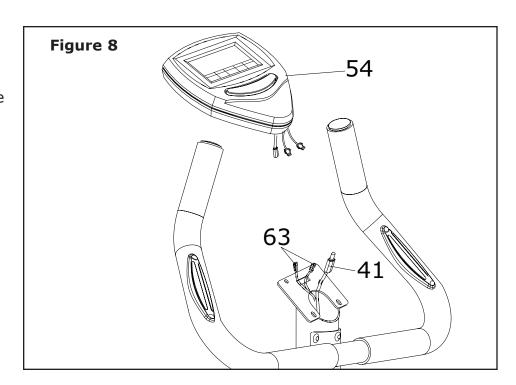


FIGURE 8

Step 1:

Open the battery cover on the back of the console (54), and install 2 AA batteries. Connect the male end of the extension wire (41) and the pulse cables (63) to the console (54). Attach console (54) onto the upright post by sliding into place.



Congratulations!You have completed assembly of your new HT440U Upright!



CONSOLE BUTTONS:

ENTER/RESET:

Used to enter edit mode for a setting when using target training. If held for over 3 seconds, will reset console, and change all of the settings back to 0.

PULSE RECOVERY:

Used to enter "Pulse Recovery" mode during workout. This will begin the fitness test. Fitness Test is described in more detail in the following pages.

DOWN and UP:

Use to select which setting will be edited. When editing setting, use to scroll up or down until selected setting is found.

CONSOLE FUNCTIONS

TIME:

Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 1:00 to 99:00.

Console Overview



SPEED:

Display current training speed from 0.0 to maximum 99.9 MPH.

DISTANCE:

Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each Increment 0.1 MPH. Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment or decrement is 0.1 MPH between 0.00 to 99.90.

CALORIES:

Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment. Count down - If training with preset target, Calories will count down from preset calorie to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

PULSE:

Displays your current heart beat figures as soon as both hands are holding the pulse sensor. The console will detect your heart rate through hand grip sensors.

PULSE RECOVERY:

After exercising for a period of time, keep holding on to the handgrips and press the "PULSE RECOVERY" button. Screen will display your heart rate recovery status with the F1, F2 to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

GENERAL INFORMATION:

- 1. Start pedaling or press any button to start Console.
- 2. The Console will shut down after 4 minutes of no activity. Note: Values will be reset to zero.
- 3. To Reset Console press and hold the ENTER/RESET button for 5 seconds.

Note: The values calculated or measured by the console are for exercise purposes only, not for medical purposes.

4. Console uses two standard AA batteries. To install, remove battery cover located behind console. Replace battery cover when finished installing new batteries.

GETTING STARTED:

Quick Start:

Turn console on by pedaling or pressing any button. To begin working out without setting any targets, start pedaling. The time will begin to count up.

Target Workout:

Turn console on by pedaling or pressing any button. Using the "Up" and "Down" buttons, select the setting you wish to set first (Time, Cal, Pulse), press "Enter/Reset" when ready to edit. The current setting will flash. Use the "Up" and "Down" buttons until desired setting is reached. Press "Enter/Reset" move to next setting. When all desired settings have been entered, start pedaling to begin workout.

Console Overview



FITNESS TEST: (Pulse Recovery Feature)

The fitness test compares your pulse rate before and after training. You will notice that your fitness will improve with regular exercise.

Press the PULSE RECOVERY button immediately after your workout. Grasp the Pulse Grips. Timer will count down from 60 seconds. Your personal fitness will display on the screen. (F1-F6)

F1 = Excellent

F2 = Good

F3 = Fair

F4 = Below Average

F5 = Poor

F6 = Very Poor

Monitoring Your Heart Rate



Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See *Fitness Safety* below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHP) = Maximum Heart Pate

```
(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

220 - age = maximum heart rate (MHZ)

MHZ x .60 = 60% of your maximum heart rate.

MHZ x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:

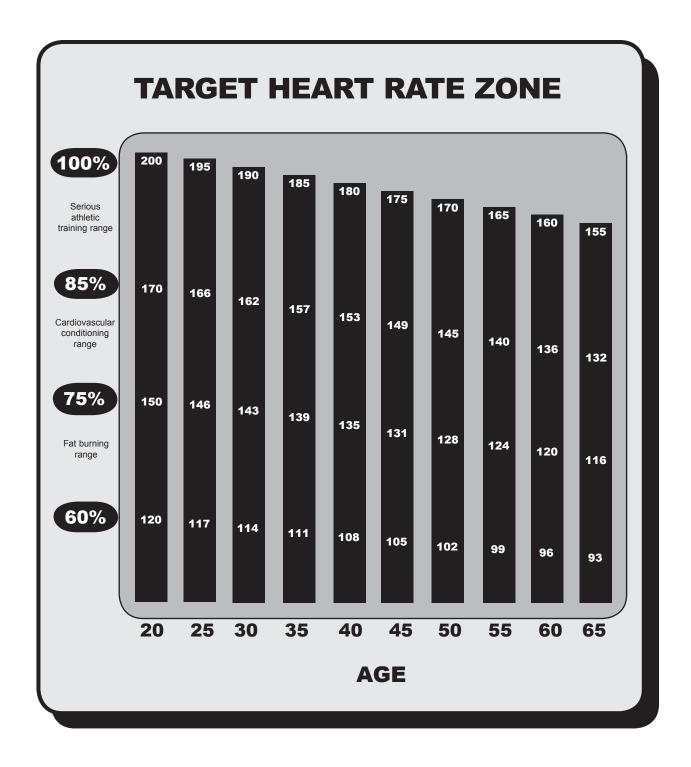
220 - 30 = 190

190 x .60 = 114 (low end or 60% of MHZ)

190 x .75 = 142 (high end or 75% of MHZ)
```

30 year-old (THR) Target Heart Rate would be 114-142 See Heart Rate Table (on next page) for additional calculations.





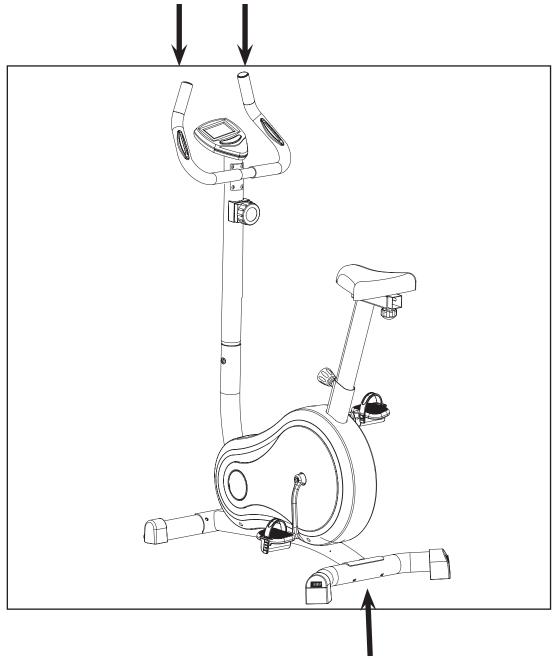
Moving Instructions



CAUTION! TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU LEAN THE UNIT, LIFT USING YOUR LEGS, NOT YOUR BACK.

First, kneel down and grasp the rear support tube with both hands as shown in Figure 1. Next, with a firm grasp on rear support tube stand up bringing the rear of the bike up in the air and tilt the unit until it rolls freely on the transport wheels. Using extreme caution, move the unit to the desired location as shown in Figure 2. Do not attempt to move the unit over an uneven or rough surface.

Note: The unit you purchased may not be identical to the one pictured.



Note: This unit may not be identical to your unit.

Warm Up Exercises



EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH (Image not Shown)

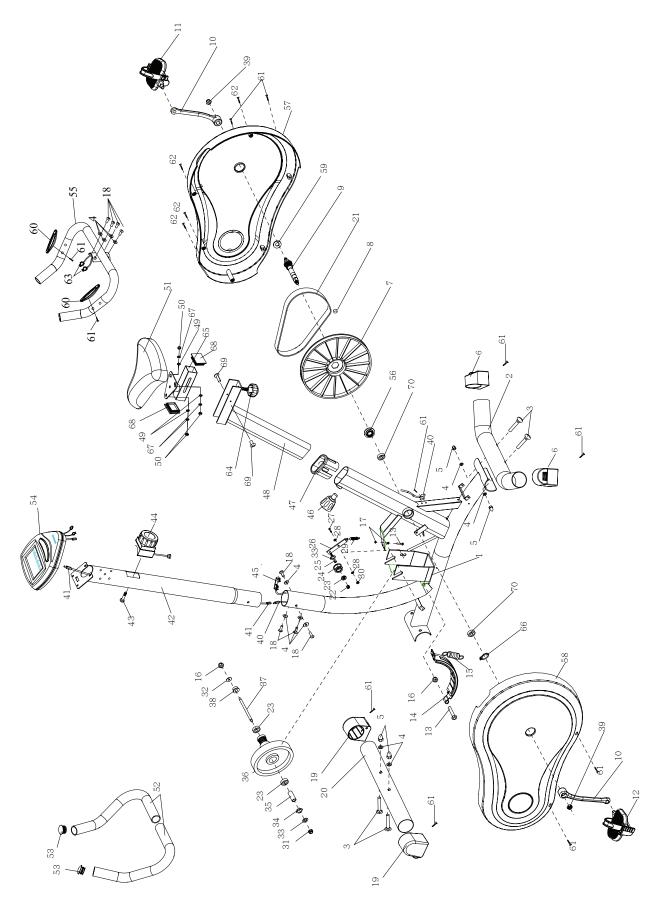
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.













HT440U Upright Bike Parts List Rev A

n14400 Oprigit bike Faits List Rev A									
Ref #		Description	Qty	Ref #		Description	Qty		
2		STABILIZER, REAR 60X1.5X500	1	36		FLYWHEEL (CRANK PULLEY) ALL INNOFIT EXCE	1		
3		CARRIAGE BOLT M8X70MM	4	37		AXLE, FLYWHEEL 9.98X126	1		
4	302-00499	WASHER 8X19X1.5(MM)	12	38	331-00054	GREASED BEARING 8x13x6	1		
5	302-01442	NUT CAP, M8 HT440	4	39	302-00493	NUT M10	2		
6	306-00743	END CAP, D SHAPE HT440U	2	40	313-00396	WIRE, SENSOR 700MM	1		
7	311-00018	FLYWHEEL (CRANK PULLEY) ALL INNOFIT EXCE	1	41	313-00395	WIRE, EXTENSION 900MM	1		
8	302-00211	MAGNET	1	42	323-00525	POST, UPRIGHT 60 DIA HT440U	1		
8	302-00211	MAGNET	1	43	302-01457	BOLT, TENSION KNOB M5X55	1		
9	319-00372	AXLE, PEDAL HT440U	1	44	310-00219	KNOB, TENSION HT440U	1		
10	311-00094	CRANK, 170MM	2	45	319-00373	CABLE, TENSION HT440U	1		
11	306-00145	RIGHT PEDAL U/R CM520/525/530/580	1	46	310-00211	KNOB, ADJUST HT440	1		
12	306-00081	LEFT PEDAL RECUMBENT CM520/525/530/580	1	47	306-00793	BUSHING, SEAT 40X80	1		
13	302-00553	HEX HEAD BOLT M8X60MM	2	48	323-00526	POST, SEAT HT440U	1		
14	319-00078	MAGNETIC PLATE	1	49	302-01460	WASHER, 8X16	3		
15	302-00029	SPRING FOR MAGNETIC PLATE CM530/ET530D	1	50	302-00500	NYLOCK NUT M8	3		
16	302-00500	NYLOCK NUT M8	2	51	328-00073	SEAT, HT440U	1		
17	302-01440	NUT, M8 HT440	2	52	310-00217	FOAM GRIP, 28.6X3.0X485	2		
18	302-00569	BOLT M8X15	8	53	306-00074	HANDLEBAR CAP U/R CM580	2		
19	306-00742	CAP, WHEEL HT440U D-SHAPE	2	54	307-00147	CONSOLE, HT440	1		
20	323-00524	STABILIZER, FRONT 60X1.5X500	1	55	323-00527	HANDLEBAR, 28.6 DIA HT440U	1		
21	304-00002	BELT, J6 430, DCV5.2U	1	56	331-00074	OUTSIDE BEARING COLLAR, DCV5.2R/120R	1		
22	302-00561	NYLOCK NUT M10	1	57	305-00216	COVER, PLASTIC RIGHT HT440U	1		
23	331-00057	BEARING 6000ZZ	3	58	305-00217	COVER, PLASTIC LEFT HT440U	1		
24	311-00029	IDLER WHEEL ALL INNOFIT UNITS	1	59	302-01458	WASHER, BIG HT440U	1		
25	302-01437	SPACER, IDLER 10X13X10	1	60	313-00401	HAND PULSE, PE18 HT440	2		
26	319-00371	IDLER ARM, 30X170X5.0 HT440U	1	61	302-00588	BOLT M4X16	11		
27	302-00518	HEX HEAD BOLT 3/8"X26	1	62	302-01443	BOLT, ROUND HEAD M4X30	4		
28		WASHER 10X26X2.0	2	63	313-00402	WIRE, PULSE 600L	2		
29	302-00517	IDLER SPRING	1	64	310-00218	KNOB, ROUND ADJUST HT440U	1		
30	302-00682	NYLOCK NUT 3/8"	1	65	323-00528	RAIL, SEAT HT440U	1		
31	302-00502	NUT 3/8"	1	66	302-01436	C-CLIP, S-17	1		
32		WASHER 8X19X1.5(MM)	1	67		WASHER, SPRING HT440U	3		
33		WASHER 10X19X1.5	2	68	306-00744	•	2		
34		BC NUT 3/8"	1	70	331-00057	, -	2		
35		FLYWHEEL SPACER 10*13*4MM CM700	1	#		BOLT PACK, HT404U	1		
55	3110,		-				-		

Warranty Information



Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR KEYS FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Frame: Lifetime Electronics and *Parts: 1 yrs Missing/Cosmetic Parts: 30 Days

Limited Warranty

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Keys Fitness Products, L.P. under the Keys Fitness ("Keys") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Keys. Keys warrants that the Product purchased from Keys or from an authorized Keys Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Keys in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup*, under normal use, and during the applicable warranty period, unless otherwise determined

This warranty excludes expendable parts if primary cause for warranty claim is wear. Expendable parts pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Keys.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Keys any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies

During the warranty period listed above, Keys will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Keys may replace the parts (with new parts or at the option of Keys, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required past the warranty period listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Keys (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Keys may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Keys can furnish contact information for local (to your area) Keys authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Keys is not responsible for any service repair costs accrued through the use of authorized Keys service providers at your request or out of the limited warranty period (without written consent from Keys), beyond the limitations outlined on this warranty.

Replacements and Returns

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Keys technical service and support staff), Keys, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Keys, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceed standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Keys. Note that a <u>non</u>-defective Product may not be eligible for return or replacement after 30 days from date of purchase.

Conditions and Restrictions

This warranty **DOES NOT** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Keys or from an authorized Keys reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Keys in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities with total Product use time not exceeding 5 hours daily, to include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Keys in writing or otherwise stated on this

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Keys listed, maximum weight limit); (b) use of parts not manufactured or sold by Keys; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) ***failure to perform (or performing improper) maintenance; (g) service by anyone other than Keys, or an authorized Keys warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (j) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

- *Parts is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.
- **Lifetime of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.
- *** Includes proper lubrication of the running deck and walk belt area, as indicated in the owner's manual.

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